

# Chicken and Broccoli Bake

**Makes:** 8 servings

Use fresh-cooked chicken or leftovers that have been properly handled to save time in this baked casserole.

## Ingredients

- 1 **cup** rice, uncooked
- 1 broccoli, frozen (10 ounce package)
- 3 **cups** chicken, cooked
- 2 **tablespoons** margarine (or butter)
- 1/4 **cup** flour
- 2 **cups** chicken broth
- 1/4 **cup** Parmesan cheese (optional)

## Directions

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in large sauce pan.
5. Add flour to melted margarine and stir. This will be lumpy.
6. Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
7. Add cheese and stir.
8. Add rice, broccoli, and chicken. Stir.
9. Put in a casserole pan and bake at 350 degrees for 30

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>232</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	45 mg
<b>Sodium</b>	<b>447 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
Vitamin D	N/A
Calcium	31 mg

minutes or until thoroughly heated.

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